

# POWER OF ATTORNEY OR AUTHORIZATION OF AGENT

Electronic Version v05

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<b>Title of Invention</b>	MOVING PUNCHING BAG AND METHOD
First Named Applicant :	Mr. Charles Dana Shipes
Attorney Docket Number :	SHI-01
I hereby appoint the registered practitioner(s) at Customer Number:	
23508	
as attorney(s) or agent(s) to prosecute the application identified above, and to transact all business in the United States Patent and Trademark Office connected therewith.	
I am the Applicant/Inventor.	
Full Name of Applicant of Record:	
Mr. Charles Dana Shipes	
Signature: /s/	Date: 2004-08-02